EN **Recipe Book**
Steam oven

perfekt in form und funktion

1. COOKBOOK

The dishes are divided into several categories:

- Fish
- Poultry
- Meat
- Oven Dish
- Pizza, Pie and Quiche
- Cake, Pie and Cookies
- Bread and Rolls
- Vegetables
- Custards and Terrines
- Side Dishes
- Full Menu

2. FISH

2.1 Cod Fish:

For 4-6 people.

Ingredients:

- 800 g dried cod
- 2 tablespoons olive oil
- 2 large onions
- 6 cloves of garlic, peeled
- 2 leeks
- 6 red peppers
- 1/2 tin chopped tomatoes (200 g)
- 200 ml white wine
- 200 ml court bouillon
- pepper, salt, thyme, oregano

Method:

Soak dried cod overnight. Drain the dried cod the next day and place in a saucepan with fresh water, place on a ring and bring to the boil. Then remove from the ring and leave to cool. Put olive oil in a pan and heat. Peel onions and slice finely, crush the peeled garlic cloves and slice the leeks and wash. Put together into the hot fat and sauté briefly. Remove cores from the peppers and cut into strips. Then put into the pan with the chopped tomatoes. Add white wine and court bouillon and leave to simmer for a while. Season with pepper, salt, thyme and oregano and leave to simmer in the pan for another 15 minutes. Take the cooled, dried cod out of the saucepan and pat dry with kitchen paper. Remove the skin, bones and all fins. Flake the fish and place in an ovenproof dish mixed with the vegetables.

- Time in the appliance (min): 30
- Shelf position: 1

2.2 Fish Fillet:

For 4-6 people.

Ingredients:

- 600-700 g perch-pike, salmon, or sea trout fillet
- 150 g grated cheese
- 250 ml cream
- 50 g breadcrumbs
- 1 teaspoon tarragon
- parsley, chopped
- salt, pepper
- lemon
- butter

Method:

Sprinkle fish fillets with lemon juice and leave to marinade for a while, then dab off surplus juice with kitchen paper. Season the fish fillets on both sides with salt and pepper. Then place fish fillets in a buttered ovenproof dish. Mix together the grated cheese, cream, breadcrumbs, tarragon and chopped parsley. Spread the mixture immediately on the fish fillets and place small knobs of butter on the mixture.

- Time in the appliance (min): 35
- Shelf position: 2

2.3 Fish in Salt:

For 6 people.

Ingredients:

- a whole fish, approx. 1.5-2 kg
- 2 unwaxed lemons
- 1 head of fennel
- 4 sprigs of fresh thyme
- 3 kg rock salt

Method:

Clean fish and rub in the juice of two unwaxed lemons. Cut the fennel into thin slices and stuff together with the sprigs of fresh thyme into the fish. Place half of the rock salt in a baking dish and place the fish on top. Place the other half of the rock salt on the fish and press down firmly.

- Time in the appliance (min): 55
- Shelf position: 1

2.4 Steamed Fish:

For 4 people.

Ingredients:

- 400 g potatoes
- 2 bunches of spring onions
- 2 cloves of garlic
- 1 small tin chopped tomatoes (400 g)
- 4 salmon fillets
- juice of a lemon
- salt and pepper
- 75 ml vegetable stock
- 50 ml white wine
- 1 sprig of fresh rosemary
- 150 ml wine
- 1/2 bunch of fresh thyme

Method:

Wash potatoes, peel, quarter and boil in salted water for 25 minutes, then drain and cut into slices. Wash spring onions and slice finely. Peel garlic cloves and cut into pieces. Mix onions and garlic with the chopped tomatoes. Sprinkle salmon fillets with the juice of a lemon and leave to marinade. Then dry and season with salt and pepper. Mix vegetables and potatoes and place in a greased ovenproof dish, season and place the salmon on top. Pour vegetable stock and white wine over, distribute rosemary and thyme over the top.

- Time in the appliance (min): 35
- Shelf position: 2

2.5 Stuffed Calamari:

For 4 people.

Ingredients:

- 1 kg medium-sized squid, cleaned
- 1 large onion
- 2 tablespoons olive oil
- 90 g cooked long grain rice
- 4 tablespoons pinenuts
- 4 tablespoons currants (raisins)
- 2 tablespoons chopped parsley
- salt, pepper
- juice of a lemon
- 4 tablespoons olive oil
- 150 ml wine
- 500 ml tomato juice

Method:

Rub squid intensively with salt and then wash off under running water. Peel onion, chop finely and sweat with two tablespoons of olive oil until transparent. Add long grain rice, pinenuts, currants and chopped parsley to the onions and season with salt, pepper and the juice of a lemon. Stuff the squid loosely with the mixture, sew up the opening.

Put four tablespoons of olive oil in a roasting tin and sear the squid on the ring. Add wine and tomato juice. Cover the roasting tin with a lid and put in the oven.

- Time in the appliance (min): 60
- Shelf position: 1

2.6 Stuffed Fish (Trout):

Ingredients:

- 1 lemon
- fish

Method:

Wash, dry and sprinkle with lemon juice inside and out. Leave to soak in for a while and then season with salt and pepper. Place the fish in a stainless steel bowl with a perforated insert.

- Time in the appliance (min): 30
- Shelf position: 3

3. POULTRY

3.1 Chicken Legs:

For 2-4 people.

Ingredients:

- 4 Chicken legs, 250 g each

- 250 g crème fraîche
- 125 ml cream
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon curry
- 1/2 teaspoon pepper
- 250 g sliced tinned mushrooms
- 20 g corn starch

Method:

Clean the chicken legs and place in a roaster. Mix the rest of the ingredients together and pour over the chicken legs.

- Time in the appliance (min): 55
- Shelf position: 1

3.2 Coq au Vin:

For 2-4 people.

Ingredients:

- 1 chicken
- salt
- pepper
- 1 tablespoon flour
- 50 g clarified butter
- 500 ml white wine
- 500 ml chicken stock
- 4 tablespoons soya sauce
- 1/2 bunch of parsley
- 1 sprig of thyme
- 150 g bacon, diced
- 250 g chestnut mushrooms, cleaned and quartered
- 12 shallots, peeled
- 2 cloves of garlic, peeled and crushed

Method:

Clean the chicken and season with salt and pepper and sprinkle with the flour. Heat the clarified butter in a roasting tin on the ring, brown the chicken on all sides. Pour in the white wine, chicken stock and soya sauce and bring to the boil. Add parsley, thyme, diced bacon, mushrooms, shallots and garlic. Bring to the boil again, cover with a lid and put in the oven.

- Time in the appliance (min): 55
- Shelf position: 1

3.3 Roast Duck with Orange:

For 4-6 people.

Ingredients:

- 1 duck (1.6 – 2.0 kg)
- salt
- pepper
- 3 oranges, peeled, de-seeded and cut into cubes
- 1/2 teaspoon salt
- 2 oranges for juicing
- 150 ml sherry

Method:

Clean the duck, season with salt and pepper and rub with orange peel. Stuff the duck with cubes of orange seasoned with salt and sew it up. Place the duck in the roasting tin, breast down. Squeeze the juice from the oranges, mix with the sherry and pour over the duck. Put duck in the oven; turn after 30 minutes (a signal sounds).

- Time in the appliance (min): 90
- Shelf position: 1

3.4 Stuffed Chicken:

For 2 people.

Ingredients:

- 1 chicken, 1.2 kg (with giblets)
- 1 tablespoon oil
- 1 teaspoon salt
- 1/4 teaspoon paprika
- 50 g breadcrumbs
- 3 - 4 tablespoons milk
- 1 onion, chopped
- 1 bunch of parsley, chopped
- 20 g butter
- 1 egg
- salt and pepper

Method:

Clean chicken and dry. Mix oil, salt and paprika and rub into the chicken. Stuffing: Mix together breadcrumbs and milk. Put chopped onion, parsley and butter into a pan and sweat. Finely chop heart, liver and stomach and add an egg. Then mix everything together and season with salt and pepper. Place chicken breast down in a roasting tin, put into the oven; turn after 30 minutes. (A signal sounds.)

- Time in the appliance (min): 90
- Shelf position: 1

4. MEAT

4.1 Beef Casserole:

For 4 people.

Ingredients:

- 600 g beef
- salt and pepper
- flour
- 10 g butter
- 1 onion
- 330 ml dark beer
- 2 teaspoons brown sugar
- 2 teaspoons tomato paste
- 500 ml beef stock

Method:

Cut the beef into cubes, season with salt and pepper and sprinkle with a little flour. Heat butter in a pan and brown the pieces of meat. Then place in a casserole dish. Peel onion and chop finely, fry lightly in a little butter, then put in the dish on top of the meat. Mix dark beer, brown sugar, tomato paste and beef stock, put into the frying pan and bring to the boil. Then pour over the meat (meat should be covered). Cover and put into the oven.

- Time in the appliance (min): 120
- Shelf position: 3

4.2 Leg of Lamb:

For 6-8 people.

Ingredients:

- 2.7 kg leg of lamb
- 30 ml olive oil
- salt
- pepper
- 3 cloves of garlic
- 1 bunch of fresh rosemary (or 1 teaspoon of dried rosemary)
- water

Method:

Wash the leg of lamb and then pat dry, rub in olive oil and make slashes in the meat. Season with salt and pepper. Peel the cloves of garlic and slice, push together with the sprigs of rosemary into the slashes in the meat. Put the leg of lamb into a roaster and add water; the bottom should be covered to a depth of 10-15 mm. Turn the roast after about 30 minutes.

- Time in the appliance (min): 165
- Shelf position: 1

4.3 Marinated Beef:

For 4 people.

Ingredients:

- 1.5 kg joint of beef
- salt
- pepper
- soup vegetables from the marinade

To make the marinade:

- 1 l water
- 500 ml wine vinegar
- 2 teaspoons salt
- 15 peppercorns
- 15 juniper berries
- 5 bay leaves
- 2 bunches of soup vegetables (carrot, leek, celery, parsley)

Bring everything to the boil and then leave to cool.

Pour the marinade over the beef until it is covered and leave to marinade for 5 days.

Method:

Take the joint of beef out of the marinade and dry. Season with salt and pepper and brown on all sides in a roasting pan and add some soup vegetables from the marinade. Pour some marinade into the roasting pan; the bottom should be covered by 10 - 15 mm. Cover the roasting pan with a lid and put in the oven.

- Time in the appliance (min): 150
- Shelf position: 1

4.4 Meat Loaf:

For 4 people.

Ingredients:

- 2 dry bread rolls
- 1 onion
- 3 tablespoons chopped parsley
- 750 g mince (a mixture of beef and pork)
- 2 eggs

- salt, pepper and paprika
- 100 g rashers of bacon

Method:

Soak dry rolls in water and then squeeze water out. Peel onion and chop finely, then sweat and add chopped parsley. Mix together mince, eggs, the squeezed out rolls and the onion. Season with salt, pepper and paprika, place in a rectangular baking tin and cover with rashers of bacon. Add a little water and put in the oven.

- Time in the appliance (min): 70
- Shelf position: 1

4.5 Mustard Rabbit:

For 4 people.

Ingredients:

- 2 rabbits, each 800 g
- salt and pepper
- 2 tablespoons olive oil
- 2 roughly chopped onions
- 50 g diced bacon
- 2 tablespoons flour
- 375 ml chicken stock
- 125 ml white wine
- 1 teaspoon fresh thyme
- 125 ml cream
- 2 tablespoons Dijon mustard

Method:

Cut rabbits into 8 similarly sized pieces, season with salt and pepper and brown on all sides in a roasting pan on the ring. Remove rabbit pieces and brown the onions and bacon. Sprinkle flour over and stir. Stir in chicken stock, white wine and thyme and bring to the boil. Add cream and Dijon mustard, put meat back in, cover with a lid and then put in the oven.

- Time in the appliance (min): 90
- Shelf position: 1

4.6 Ossobuco:

For 4-6 people.

Ingredients:

- 4 tablespoons butter for browning
- 4 slices of veal shank, about 3 - 4 cm thick (cut across the bone)
- 4 medium-sized carrots, finely diced
- 4 sticks celery, finely diced
- 1 kg ripe tomatoes, peeled, halved, cores removed and diced
- 1 bunch parsley, washed and roughly chopped
- 4 tablespoons butter
- 2 tablespoons flour for coating
- 6 tablespoons olive oil
- 250 ml white wine
- 250 ml meat stock
- 3 medium-sized onions, peeled and finely chopped
- 3 cloves of garlic, peeled and thinly sliced
- 1/2 teaspoon each of thyme and oregano
- 2 bay leaves
- 2 cloves
- salt, freshly ground black pepper

Method:

Melt 4 tablespoons butter in a roasting tin and sweat the vegetables in it. Take vegetables out of the roasting tin. Wash veal shank slices, dry, season and then coat in the flour. Knock off surplus flour. Heat the olive oil and brown the slices over a medium heat until golden brown. Take meat out and pour the surplus olive oil out of the roasting tin. Deglaze the meat juices in the roasting tin with 250 ml wine, put into a saucepan and leave to simmer for a while. Add 250 ml meat stock and add parsley, thyme, oregano and diced tomato. Season with salt and pepper. Then bring to the boil again. Put vegetables into the roasting tin, put the meat on top and pour the sauce over the top. Cover the roasting tin with a lid and put in the oven.

- Time in the appliance (min): 120
- Shelf position: 1

4.7 Pork Knuckle:

For 4-6 people.

Ingredients:

- 1 hind knuckle of pork 0.8-1.2 kg
- 2 tablespoons oil
- 1 teaspoon salt
- 1 teaspoon sweet-noble paprika
- 1/2 teaspoon basil
- 1 small tin sliced mushrooms (280 g)
- soup vegetables (carrot, leek, celery, parsley)
- water

Method:

Cut into the rind all around the pork knuckle. Mix oil, salt, paprika and basil together and spread over the pork knuckle. Put the pork knuckle into a roasting tin and spread the mushrooms over it. Add soup vegetables and water; the bottom should be covered to a depth of 10-15 mm. Turn the roast after about 30 minutes.

- Time in the appliance (min): 160
- Shelf position: 1

4.8 Pork Shoulder:

For 4-6 people.

Ingredients:

- 1.5 kg shoulder of pork, skin on, from a young pig
- salt
- pepper
- 2 tablespoons olive oil
- 150 g finely sliced celery
- 1 leek, sliced
- 1 small tin tomatoes, finely chopped (400 g)
- 250 ml cream
- 2 cloves of garlic, peeled and crushed
- fresh rosemary and thyme

Method:

With a sharp knife cut diamonds into the skin. Season with salt and pepper and brown on all sides with the olive oil in a roasting pan on the ring, then remove. Sweat celery and leek with a little oil in a roasting tin, then add tomatoes, cream, garlic cloves, rosemary and thyme, stir and lay the pork shoulder on top. Put into the oven.

- Time in the appliance (min): 130
- Shelf position: 1

4.9 Rabbit:

For 4 people.

Ingredients:

- 2 saddles of hare
- 6 juniper berries (crushed)
- salt and pepper
- 30 g melted butter
- 125 ml sour cream
- soup vegetables (carrot, leek, celery, parsley)

Method:

Rub saddles of hare with the crushed juniper berries, salt and pepper and brush with melted butter. Place saddles of hare in a roasting tin, pour sour cream over and add soup vegetables.

- Time in the appliance (min): 35
- Shelf position: 1

4.10 Stuffed Veal Breast:

For 4 people.

Ingredients:

- 1 bread roll
- 1 egg
- 200 g mince
- salt, pepper
- 1 onion, chopped
- parsley, chopped
- 1 kg breast of veal (with pocket cut into it)
- soup vegetables (carrot, leek, celery, parsley)
- 50 g bacon
- 250 ml water

Method:

Soak roll in water and then squeeze water out. Then mix with egg, mince, salt, pepper, chopped onion and parsley. Season breast of veal (with pocket cut into it) and stuff the meat stuffing into the pocket. Then sew up the opening. Place the breast of veal in a roasting tin, add soup vegetables, bacon and water. Turn the roast after about 30 minutes.

- Time in the appliance (min): 100
- Shelf position: 1

4.11 Swedish Festive Roast:

For 4-6 people.

Ingredients:

- 200 g dried plums
- 150 ml white wine
- 1.5 kg loin of pork or saddle of veal (without bones)
- 1 medium onion
- apple
- salt, pepper and paprika

Method:

Soften the plums in white wine for two hours. Rinse the meat briefly with water,

then dry. Cut notches into the underside of the meat and stick a plum into each notch, pushing them as far as possible into the meat. Season the meat and put into the roasting tin with the side without the plums facing uppermost. Peel the onions and apple, cut into eighths and place around the roast. Top the remains of the wine in which the plums were soaked up to a quarter of a litre with water and pour over the roast. Suitable accompaniments are croquettes, potato gratin, broccoli, or similar.

- Time in the appliance (min): 60
- Shelf position: 1

4.12 Veal Knuckle:

For 4 people.

Ingredients:

- 1 hind knuckle of veal 1.5 - 2 kg
- 4 slices cooked ham
- 2 tablespoons oil
- 1 teaspoon salt
- 1 teaspoon sweet-noble paprika
- 1/2 teaspoon basil
- 1 small tin sliced mushrooms (280 g)
- soup vegetables (carrot, leek, celery, parsley)
- water

Method:

Cut 8 slits lengthwise all around the veal knuckle. Cut four slices of cooked ham in half and place in the slits. Mix oil, salt, paprika and basil together and spread over the veal knuckle. Put the veal knuckle into a roasting tin and spread the mushrooms over it. Add soup vegetables and water to the veal knuckle; the bottom should be covered to a depth of 10-15 mm. Turn the roast after about 30 minutes.

- Time in the appliance (min): 160
- Shelf position: 1

4.13 Wild Boar:

For 4 people.

Ingredients:

- 1.5 kg wild boar joint (shoulder)
- salt
- pepper
- soup vegetables from the marinade
- 1 small tin of chanterelles

To make the marinade:

- 1.5 l red wine
- 150 g celeriac
- 150 g carrots
- 2 onions
- 5 bay leaves
- 5 cloves
- 2 bunches of soup vegetables (carrot, leek, celery, parsley)

Bring everything to the boil and then leave to cool.

Pour the marinade over the meat until it is covered and leave to marinade for 3 days.

Method:

Take the wild boar joint out of the marinade and dry. Season with salt and pepper and brown on all sides in a roasting pan on the ring. Add chanterelles and some of the soup vegetables out of the marinade. Pour marinade into the roasting pan; the bottom should be covered by 10-15 mm. Cover the roasting pan with a lid and put in the oven.

- Time in the appliance (min): 140
- Shelf position: 1

5. OVEN DISH

5.1 Cabbagge Casserole:

For 4 people.

Ingredients:

- 1 cabbage (800 g)
- majoram
- 1 onion
- oil for sautéing
- 400 g minced meat
- 250 g long grain rice
- salt, pepper and paprika
- 1 litre meat stock
- 200 ml crème fraîche
- 100 g grated cheese

Method:

Cut the cabbage into quarters and cut out the stalk. Blanche in salted water seasoned with marjoram. Peel onion and chop finely, fry gently in a little oil. Then add the minced meat and the long grain rice, sauté and season with salt, pepper and paprika. Add meat stock and leave to simmer for 20 minutes with a lid on the pan. Place layers of the cabbage and the rice/mince mixture in a dish. Put crème fraîche on top of the dish and sprinkle cheese over the top.

- Time in the appliance (min): 60
- Shelf position: 2

5.2 Cannelloni:

For 4 people.

Ingredients for the filling:

- 50 g onions, chopped
- 30 g butter
- 350 g leaf spinach, chopped
- 100 g crème fraîche
- 200 g fresh salmon, cubed
- 200 g Nile perch, cubed
- 150 g shrimps
- 150 g mussel meat
- salt, pepper

Ingredients for the Béchamel sauce:

- 75 g butter
- 50 g flour
- 600 ml milk
- salt, pepper and nutmeg

Put together with:

- 1 packet cannelloni
- 50 g Parmesan cheese, grated
- 150 g cheese, grated
- 40 g butter

Method:

Place chopped onions and butter in a pan and cook gently until transparent. Add chopped leaf spinach and briefly cook gently. Add crème fraîche, mix and then leave to cool. In the meantime prepare the Béchamel sauce: Melt the butter in a pan, add the flour and cook until golden, stirring constantly. Gradually pour in the milk, stirring constantly. Season the sauce with salt, pepper and nutmeg and simmer without a lid for about 10 minutes. Add salmon, perch, shrimps, mussel, meat, salt and pepper to the cooled spinach and mix.

Grease a large rectangular ovenproof dish with 1 tablespoon of butter. Fill the cannelloni with the spinach mixture and place in the baking dish. Place Béchamel sauce between each row of cannelloni. The last layer should be a layer of Béchamel sauce sprinkled with cheese. Place the rest of the butter in small knobs on the top of the dish.

- Time in the appliance (min): 55
- Shelf position: 1

5.3 Chicory Gratin:

For 4 people.

Ingredients:

- 8 medium-sized chicories
- 8 slices cooked ham
- 30 g butter
- 1.5 tablespoons flour
- 150 ml vegetable stock (from the chicory)
- 5 tablespoons milk
- 100 g grated cheese

Method:

Halve the chicory and cut out the bitter core. Then wash carefully and steam for 15 minutes in boiling water. Take chicory halves out of the water, refresh in cold water and put the halves together again. Then wrap each one in a slice of ham and place in a greased baking dish. Melt the butter and add flour. Sautée briefly and then pour in vegetable stock and milk and bring to the boil. Stir 50 g cheese into the sauce and pour over the chicory. Then sprinkle the rest of the cheese over the dish.

- Time in the appliance (min): 35
- Shelf position: 2

5.4 Franconian Dumpling Pan:

For 6-8 people.

Ingredients:

- Approx. 1000 g turkey strips
- 1 small tin mushrooms (small heads)
- 500 g chopped onions
- 1 kg dumpling dough
- 400 g grated cheese
- 250 ml cream

Method:

Season the turkey strips with salt, pepper, paprika etc. Sauté the chopped onions. Drain the mushrooms thoroughly. Then mix together the meat, onions and mushrooms and put into an oven dish. Mix the dumpling dough and cheese together and put them on top of the turkey mixture. Then pour over the cream.

- Time in the appliance (min): 75
- Shelf position: 1

5.5 Jansons Temptation:

For 4 people.

Ingredients:

- 8 - 10 potatoes
- 2 onions
- 125 g anchovy fillets
- 300 ml cream
- 2 tablespoons breadcrumbs
- pepper
- freshly chopped thyme
- 2 tablespoons butter

Method:

Wash potatoes, peel and cut into fine strips. Peel onions and cut into strips. Grease an ovenproof baking dish with butter. Place a third of the potatoes and onions in the dish. On top place half of the anchovy fillets and cover with another third of the onions and potatoes. Distribute the rest of the anchovy fillets on top. On top place the rest of the onions and potatoes, with the top layer being potatoes. Sprinkle with pepper and sprinkle the chopped thyme over the top. Pour the brine from the anchovies over the bake and add the cream. Sprinkle over the breadcrumbs and place little knobs of butter on the top.

- Time in the appliance (min): 60
- Shelf position: 3

5.6 Lasagne:

For 4 people.

Ingredients for the meat sauce:

- 100 g streaky bacon
- 1 onion
- 1 carrot
- 100 g celery
- 2 tablespoons olive oil
- 400 g mince (a mixture of beef and pork)
- 100 ml meat stock
- 1 small tin tomatoes, chopped (about 400 g)
- oregano, thyme, salt and pepper

Ingredients for the Béchamel sauce:

- 75 g butter
- 50 g flour
- 600 ml milk
- salt, pepper and nutmeg

Put together with:

- tablespoons butter
- 250 g green lasagne
- 50 g Parmesan cheese, grated
- 50 g mild cheese, grated

Method:

Using a sharp knife cut the bacon from the rind and gristle and finely dice. Peel the onion and carrot, clean the celery, dice all vegetables finely. Heat the oil in a casserole, sauté the bacon and the diced vegetables while stirring constantly. Gradually add the mince, sauté while stirring constantly to break up and deglaze with the meat stock. Season the meat sauce with tomato purée, the herbs, salt and pepper and simmer with the lid on over a low heat for about 30 minutes. In the meantime prepare the Béchamel sauce: Melt the butter in a pan, add the flour and cook until golden, stirring constantly. Gradually pour in the milk, stirring constantly. Season the sauce with salt, pepper and nutmeg and simmer without a lid for about 10 minutes. Grease a large rectangular ovenproof dish with 1 tablespoon of butter. Alternately layer pasta sheets, meat sauce, Béchamel sauce and mixed cheese in the dish. The last layer should be a layer of Béchamel sauce sprinkled with cheese. Place the rest of the butter in small knobs on the top of the dish.

- Time in the appliance (min): 55
- Shelf position: 1

5.7 Moussaka:

For 8-10 people.

Ingredients:

- 1 chopped onion
- olive oil

- 1.5 kg minced meat
- 1 tin chopped tomatoes (400 g)
- 50 g grated cheese
- 4 teaspoons breadcrumbs
- salt and pepper
- cinnamon
- 1 kg potatoes
- 1.5 kg aubergines
- butter for frying

Ingredients for the Béchamel sauce:

- 75 g butter
- 50 g flour
- 600 ml milk
- salt, pepper and nutmeg

Put together with:

- 150 g grated cheese
- 4 tablespoons breadcrumbs
- 50 g butter

Method:

Sweat chopped onion in a little olive oil, then add the mince and cook stirring. Add chopped tomatoes, grated Emmental and breadcrumbs, stir well and bring to the boil. Then season with salt, pepper and cinnamon and remove from the hotplate. Peel the potatoes and cut into 1 cm thick slices, wash the aubergines and cut into 1 cm thick slices. Dry all slices with kitchen paper. Then brown in a pan with lots of butter. In the meantime prepare the Béchamel sauce: melt the butter in a pan, add the flour and cook until golden, stirring constantly. Gradually pour in the milk, stirring constantly. Season the sauce with salt, pepper and nutmeg and simmer without a lid for about 10 minutes. Place the potato slices on the bottom of a greased baking dish, sprinkle with a little grated cheese. Place a layer of aubergines on top of this. On top of that put some of the mince mixture. On top of that put some of the Béchamel sauce. Then do another layer of potatoes, followed by aubergines and then the mince mixture. The last layer should be Béchamel sauce. On the top distribute the rest of the cheese and the breadcrumbs. Melt the butter and pour over the top of the moussaka.

- Time in the appliance (min): 60
- Shelf position: 1

5.8 Pasta Gratin:

For 2-4 people.

Ingredients:

- 1 litre water
- salt
- 250 g tagliatelle
- 250 g cooked ham
- 20 g butter
- 1 bunch of parsley
- 1 onion
- 100 g butter
- 1 egg
- 250 ml milk
- salt, pepper and nutmeg
- 50 g grated Parmesan

Method:

Bring water with a little salt to the boil. Put the tagliatelle into the boiling salted water and boil for about 12 minutes. Then drain. Dice the ham. Heat butter in a pan. Chop parsley and peel the onion and chop this as well. Sweat both in the frying pan. Grease a baking dish with a little butter. Mix tagliatelle, ham and sweated parsley and onions and put into the dish. Mix egg and milk and season with salt, pepper and nutmeg and then pour onto the pasta mixture. Then distribute the Parmesan onto the dish.

- Time in the appliance (min): 45
- Shelf position: 1

5.9 Potato Gratin:

Ingredients:

- 1,000 g potatoes
- 1 teaspoon each of salt, pepper and nutmeg
- 2 cloves of garlic
- 200 g grated cheese
- 200 ml milk
- 200 ml cream
- 4 tablespoons butter

Method:

Peel potatoes, slice thinly, dry and then season. Rub an ovenproof baking dish with a clove of garlic and then grease the dish with a little butter. Spread half of the seasoned potato slices in the dish and sprinkle some of the grated cheese over them. Layer the rest of the potato slices over this and spread the rest of the

grated cheese on top. Crush the second clove of garlic and beat it together with the milk and cream. Pour the mixture over the potatoes and spread the rest of the butter in small knobs on the gratin.

- Time in the appliance (min): 65
- Shelf position: 2

6. PIZZA, PIE AND QUICHE

6.1 Onion Tart:

For 4-6 people.

Ingredients for the dough:

- 300 g flour
- 20 g yeast
- 125 ml milk
- 1 egg
- 50 g butter
- 3 g salt

Ingredients for the topping:

- 750 g onions
- 250 g bacon
- 3 eggs
- 250 g crème fraîche
- 125 ml milk
- 1 teaspoon salt
- 1/2 teaspoon ground pepper

Method:

Sieve the flour into a mixing bowl, make a well in the centre. Cut up the yeast, put into the well, mix with the milk and a little flour from around the edge. Sprinkle with flour, leave to rise in a warm place until the flour sprinkled on the pre-dough is showing cracks. Place the egg and butter on the edge of the flour. Knead all ingredients into a workable yeast dough. Leave the dough to rise in a warm place until it is about double the size. In the meantime, peel and quarter the onions and then slice thinly. Dice the bacon and cook gently with the onions without browning. Leave to cool. Roll out the dough and place on a greased baking tray, prick the bottom with a fork and press the edges up. Leave to rise again. Stir eggs, crème fraîche, milk, salt and pepper together. Spread the cooled onions and bacon on the dough base. Put the mixture over all and smooth out.

- Time in the appliance (min): 45
- Shelf position: 1

6.2 Pierogi:

For 30 small pieces.

Ingredients for the dough:

- 250 g spelt flour
- 250 g butter
- 250 g low fat quark
- salt

Ingredients for the filling:

- 1 small head of white cabbage (400 g)
- 50 g bacon
- 2 tablespoon clarified butter
- salt, pepper and nutmeg
- 3 tablespoons sour cream
- 2 eggs

Other:

- Baking tray with baking parchment

Method:

Knead spelt flour, butter, low fat quark and a little salt into a dough and place in the fridge. Cut white cabbage into fine strips. Dice bacon and fry in the clarified butter. Add the cabbage and sauté until soft. Season with salt, pepper and nutmeg and fold in the sour cream. Continue to braise until all liquid has evaporated. Hard boil eggs, cool and then dice, mix into the cabbage and leave to cool. Roll out the dough and cut out round circles with an 8 cm diameter. Put a little filling in the middle of each one and fold over. Seal the edges by pressing together with a fork. Place the pierogi on a baking tray lined with baking parchment and brush with egg yolk.

- Time in the appliance (min): 20
- Shelf position: 3

6.3 Pizza:

For 4 people.

Ingredients for the dough:

- 14 g yeast
- 200 ml water

- 300 g flour
- 3 g salt
- 1 tablespoon oil

Ingredients for the topping:

- 1/2 small tin tomatoes, chopped (200 g)
- 200 g cheese, grated
- 100 g salami
- 100 g cooked ham
- 150 g mushrooms (tinned)
- 150 g Feta cheese
- oregano

Other:

- Baking tray, greased

Method:

Crumble yeast into a bowl and dissolve in the water. Mix the salt into the flour and add it with the oil to the bowl. Knead the ingredients until a workable dough that does not stick to the bowl is produced. Then leave the dough to rise in a warm place until it doubles in volume. Roll out the dough and place on the greased baking tray, pricking the bottom with a fork. Place the ingredients for the topping on the base in the order given.

- Time in the appliance (min): 25
- Shelf position: 1

6.4 Quiche Lorraine:

For 2-4 people.

Ingredients for the pastry:

- 200 g flour
- 2 eggs
- 100 g butter
- 1/2 teaspoon salt
- a little pepper
- 1 pinch nutmeg

Ingredients for the topping:

- 150 g grated cheese
- 200 g cooked ham or lean bacon
- 2 eggs
- 250 g sour cream
- salt, pepper and nutmeg

Other:

- Black baking tin, greased, diameter 28 cm

Method:

Place flour, butter, eggs and spices in a mixing bowl and mix to a smooth pastry. Put the pastry in the fridge for a few hours. Then roll out the pastry and place in the greased black baking tin. Prick the bottom with a fork. Spread the bacon on the pastry. To make the filling, mix the eggs, the sour cream and the seasoning together. Then add the cheese. Pour the filling over the bacon.

- Time in the appliance (min): 45
- Shelf position: 1

7. CAKE, PIE AND COOKIES

7.1 Almond Cake:

Ingredients for the mixture:

- 5 eggs
- 200 g sugar
- 100 g marzipan
- 200 ml olive oil
- 450 g flour
- 1 tablespoon cinnamon
- 1 packet baking powder (approximately 15 g)
- 50 g chopped pistachios
- 125 g ground almonds
- 300 ml milk

Ingredients for the topping:

- 200 g apricot jam
- 5 tablespoons icing sugar
- 1 teaspoon cinnamon
- 2 tablespoons hot water
- flaked almonds

Other:

- 28 cm springform baking tin

Method:

Cream together eggs, sugar and marzipan for 5 minutes, then slowly add the olive oil to the egg mixture. Sieve the flour, cinnamon and baking powder together, then mix the chopped pistachios and the ground almonds into the flour. Then carefully fold into the egg mixture together with the milk. Put into the springform whose base has been sprinkled with breadcrumbs.

- Time in the appliance (min): 70

- Shelf position: 2

After baking:

Heat up the apricot jam and then spread on the cake using a brush. Then leave to cool. Mix together icing sugar, cinnamon and hot water and spread on the cake. Then sprinkle flaked almonds immediately onto the glazed surface of the cake.

7.2 Brownies:

Ingredients:

- 250 g plain chocolate
- 250 g butter
- 375 g sugar
- 2 packet vanilla sugar (approximately 16 g)
- 1 pinch salt
- 5 tablespoons water
- 5 eggs
- 375 g walnuts
- 250 g flour
- 1 teaspoon baking powder

Method:

Break chocolate up into large pieces and melt in a bain marie. Cream together butter, sugar, vanilla sugar, salt and water, add the eggs and the melted chocolate. Roughly chop the walnuts, mix with the flour and baking powder and fold into the chocolate mixture. Line a deep baking tray with baking parchment, put the mixture on top and smooth.

- Time in the appliance (min): 50
- Shelf position: 3

After baking:

Leave to cool, remove baking parchment and cut into squares.

7.3 Cappuccino Cake:

For 4-6 people.

For the mixture:

- 100 g softened butter
- 90 g sugar
- 2 egg yolks
- the seeds of one vanilla pod
- 2 tablespoons instant coffee (dissolved in 50 ml hot water)
- 2 egg whites
- 50 g flour
- 50 g cornflour
- 1/2 teaspoon baking powder

For the sauce:

- 250 ml orange juice
- 50 g sugar
- 1 pinch of cinnamon
- 20 ml orange liqueur

To finish:

- 200 ml whipped cream to decorate

Other:

- 6 small dishes or cups greased with butter

Method:

Cream together butter, sugar, egg yolks, the seeds of one vanilla pod and then mix in the dissolved coffee. Beat egg whites. Sieve flour, cornflour and baking powder and add to the mixture in layers with the egg whites and fold in. Put the mixture into small dishes or cups greased with butter.

- Time in the appliance (min): 40
- Shelf position: 2

After baking:

Place orange juice, sugar, cinnamon and orange liqueur in a saucepan and reduce on the ring until the sauce is syrupy. Turn warm cakes out onto a dessert plate, decorate with sauce and cream.

7.4 Carrot Cake:

Ingredients for the mixture:

- 150 ml sunflower oil
- 100 g brown sugar
- 2 eggs
- 75 g syrup
- 175 g flour
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1 teaspoon baking powder
- 200 g finely grated carrots
- 75 g sultanas
- 25 g grated coconut

Ingredients for the topping:

- 50 g butter
- 150 g cream cheese
- 40 g sugar crystals
- ground hazelnuts

Other:

- Round springform baking tin with 22 cm diameter, greased

Method:

Cream together sunflower oil, brown sugar, eggs and syrup. Fold in the rest of the ingredients for the mixture. Put the mixture into the greased baking tin.

- Time in the appliance (min): 55
- Shelf position: 3

After baking:

Mix butter, cream cheese and sugar crystals (if necessary, add a little milk to make it spreadable). Spread over the cake once it has cooled down and sprinkle ground hazelnuts over the top.

7.5 Cheese Cake:

Ingredients for the base:

- 150 g flour
- 70 g sugar
- 1 packet vanilla sugar (approximately 8 g)
- 1 egg
- 70 g softened butter

Ingredients for the cheese cream:

- 3 egg whites
- 50 g raisins
- 2 tablespoons rum
- 750 g low fat quark
- 3 egg yolks
- 200 g sugar
- juice of one lemon
- 200 g crème fraîche
- 1 packet of custard powder, vanilla flavour (40 g or the corresponding amount of powder for making pudding of 500 ml milk)

Other:

- Black springform baking tin with 26 cm diameter, greased

Method:

Sieve flour into a bowl. Add the rest of the ingredients and mix with a hand-held mixer. Then put the mixture in the fridge for 2 hours. Cover the greased bottom of the springform tin with about 2/3 of the mixture and prick several times with a fork. Form an edge about 3 cm high with the rest of the mixture. Beat the egg whites with a hand-held mixer until forming peaks. Wash the raisins, let them drain well, sprinkle with the rum and leave to soak. Put low fat quark, egg yolks, sugar, lemon juice, crème fraîche and the custard powder in a mixing bowl and mix together well. To finish, carefully fold the beaten egg whites and the raisins into the quark mixture.

- Time in the appliance (min): 85
- Shelf position: 1

7.6 Cheese Flan:

Ingredients:

- 1.5 sheets original Swiss flaky pastry or puff pastry (rolled out in a square)
- 500 g grated cheese
- 200 ml cream
- 100 ml milk
- 4 eggs
- salt, pepper and nutmeg

Method:

Place pastry on a well greased baking tray. Prick dough well all over with a fork. Spread the cheese evenly on the pastry. Mix cream, milk and eggs and season with salt, pepper and nutmeg. Mix well again and pour over the cheese.

- Time in the appliance (min): 40
- Shelf position: 1

7.7 Cheese Pastry:

Ingredients:

- 400 g Feta cheese
- 2 eggs
- 3 tablespoons chopped flat leaf parsley
- black pepper
- 80 ml olive oil
- 375 g filo pastry

Method:

Mix together Feta, eggs, parsley and pepper. Cover filo pastry with a damp cloth, so that it does not dry out. Lay 4 sheets on top of one another, brushing each lightly with oil. Cut into 4 strips, each about 7 cm long. Place 2 heaped tablespoons of Feta mixture on one corner of each strip and fold this up diagonally into a triangle. Place upside down on a baking tray and brush with oil.

- Time in the appliance (min): 25
- Shelf position: 3

7.8 Cherry Pie:

Ingredients:

- 500 g bread
- 750 ml milk
- 1 pinch salt
- 80 g sugar
- 4 eggs
- 2 jars of sour cherries
- 50 g butter

Other:

- Baking dish, greased

Method:

Cut bread in slices. Mix together milk, salt, sugar and eggs and pour over the bread, mix and leave to soak in well. Drain sour cherries and add to the mixture. Put the mixture into the greased baking dish. Distribute knobs of butter over the pudding.

- Time in the appliance (min): 45
- Shelf position: 2

7.9 Fruit Cake:

Ingredients:

- 200 g butter
- 200 g sugar
- 1 packet vanilla sugar (approximately 8 g)
- 1 pinch salt
- 3 eggs
- 300 g flour
- 1/2 packet baking powder (approximately 8 g)
- 125 g currants
- 125 g raisins
- 60 g chopped almonds
- 60 g candied lemon peel or candied orange peel
- 60 g chopped candied cherries
- 70 g whole blanched almonds

Other:

- Black springform baking tin, 24 cm diameter
- Margarine for greasing
- Breadcrumbs for coating baking tin

Method:

Place butter, sugar, vanilla sugar and salt in a mixing bowl and cream together. Then add the eggs one at a time and cream the mixture again. Add the flour mixed with the baking powder to the creamed mixture and fold in. Stir the fruit into the mixture as well. Place the mixture in the prepared tin and pull the mixture up a little higher at the edge than in the centre. Decorate the edge and the centre of the cake with the whole blanched almonds. Put the cake into the oven.

- Time in the appliance (min): 100
- Shelf position: 1

7.10 Fruit Tart:

Ingredients for the pastry:

- 200 g flour
- 1 pinch salt
- 125 g butter
- 1 egg
- 50 g sugar
- 50 ml cold water

Ingredients for the filling:

- Fruit according to the season (400 g apples, peaches, sour cherries, etc.)
- 90 g ground almonds
- 2 eggs
- 100 g sugar
- 90 g softened butter

Other:

- Quiche tin with 28 cm diameter, greased

Method:

Sieve flour into a mixing bowl, mix salt and butter, cut into small pieces, into the flour. Then add egg, sugar and cold water and knead into a pastry. Cool the pastry for 2 hours in the fridge. Roll out the refrigerated pastry and place in the greased quiche tin and prick with a fork. Clean fruit, remove cores, stones or pips and place in small pieces or slices on the pastry. Place ground almonds, eggs, sugar and softened butter in a bowl and cream together. Then put on top of the fruit and smooth out.

- Time in the appliance (min): 50
- Shelf position: 1

7.11 Goat's cheese Flan:

Ingredients for the pastry:

- 125 g flour
- 60 ml olive oil
- 1 pinch salt
- 3 - 4 tablespoons cold water

Ingredients for the topping:

- 1 tablespoon olive oil

- 2 onions
- salt and pepper
- 1 teaspoon chopped thyme
- 125 g ricotta
- 100 g goat's cheese
- 2 tablespoons olives
- 1 egg
- 60 ml cream

Other:

- Black baking tin, greased, diameter 28 cm

Method:

Place flour, olive oil and salt in a mixing bowl and combine until the mixture resembles breadcrumbs. Add the water and knead to a dough. Put the pastry in the fridge for a few hours. Then roll out the pastry and place in the greased black baking tin. Prick the bottom with a fork. Put 1 tablespoon of olive oil in a pan. Peel onions, slice thinly and sweat in the oil for about 30 minutes with the lid on the pan. Season with salt and pepper and mix in 1/2 teaspoon of chopped parsley. Let onions cool slightly, then spread on the pastry. Then spread the ricotta and goat's cheese on top and add the olives. Sprinkle 1/2 teaspoon of chopped thyme over the top. To make the filling, mix the eggs and the cream together. Pour the filling over the tart.

- Time in the appliance (min): 45
- Shelf positions: 1

7.12 Grandma's Roast Apple Cake:

Ingredients:

- 250 g butter
- 250 g sugar
- 1 sachet vanilla sugar
- 1 pinch salt
- 100 g marzipan
- 5 eggs
- 500 g flour
- 1 sachet baking powder
- 1 sachet gingerbread spices
- 50 g cocoa powder
- 150 ml red wine
- 1.2 kg apples
- Plum puree

Method:

Put butter, sugar, vanilla sugar and salt into a mixing bowl and beat until fluffy. Add marzipan cut into small pieces and beat until smooth. Add eggs, one by one, and beat until fluffy. Add flour, baking powder, gingerbread spices and cocoa powder to the mixture. Stir in red wine. Put the dough into a deep baking tray lined with baking parchment and smooth the surface. Peel and core apples and cut into 0.5 cm thick slices.

Plum puree:

Arrange the slices on top of the dough and fill the holes left by the cores with plum puree. Then put into the oven.

- Time in the appliance (min): 50
- Shelf position: 3

After baking:

Leave the cake to cool and remove the baking parchment.

Glaze:

- 250 ml apple juice
- 1 sachet clear cake glaze

Mix up the glaze using the apple juice and sachet of cake glaze and brush over the cake.

7.13 Lemon Sponge Cake:

Ingredients for the mixture:

- 250 g butter
- 200 g sugar
- 1 packet vanilla sugar (approximately 8 g)
- 1 pinch salt
- 4 eggs
- 150 g flour
- 150 g cornflour
- 1 level teaspoon baking powder
- grated peel of 2 lemons

Ingredients for the glaze:

- 125 ml lemon juice
- 100 g icing sugar

Other:

- Square baking tin, 30 cm long
- Margarine for greasing
- Breadcrumbs for coating baking tin

Method:

Place butter, sugar, lemon peel, vanilla sugar and salt in a mixing bowl and cream together. Then add the eggs, one

at a time, and cream together again. Add the flour and cornflour mixed with the baking powder to the creamed mixture and fold in. Put the mixture into the greased and breadcrumbed baking tin, smooth out and put in the oven. After baking, mix lemon juice and icing sugar. Turn the cake out onto a piece of aluminium foil. Fold up the aluminium foil against the sides of the cake so that the glaze cannot run out. Pierce the cake with a wooden chopstick and brush on the glaze. Then leave the cake for a while to soak up the glaze.

- Time in the appliance (min): 75
- Shelf position: 1

7.14 Muffins:

Ingredients:

- 150 g butter
- 150 g sugar
- 1 packet vanilla sugar (approximately 8 g)
- 1 pinch salt
- zest of one unwaxed lemon
- 2 eggs
- 50 ml milk
- 25 g cornflour
- 225 g flour
- 10 g baking powder
- 1 jar of sour cherries (375 g)
- 225 g chocolate chips

Other:

- Paper cases, approx. 7 cm diameter

Method:

Cream together butter, sugar, vanilla sugar, salt and the zest of one unwaxed lemon. Add eggs and cream together again. Mix the cornflour, flour and baking powder and fold into the mixture with the milk. Drain sour cherries and fold into the mixture with the chocolate chips. Put the mixture into the paper cases, put cases onto a baking tray and put in the oven. Use muffin tray if available.

- Time in the appliance (min): 40
- Shelf position: 3

7.15 Plum Dumpling:

For 4-6 people.

For the dough (the ingredients should be at room temperature):

- 125 ml milk
- 20 g sugar
- 1 small packet dried yeast (8 g dry yeast or 42 g fresh yeast)
- 300 g flour
- 30 g sugar
- 30 g butter
- 1 egg yolk
- 1 whole egg
- 1 packet vanilla sugar (approximately 8 g)
- a little lemon zest
- plum jam

After cooking:

- 50 g butter
- 50 g ground poppy seeds
- icing sugar

Other:

- greased dish

Method:

Put milk and sugar in a saucepan and warm slightly on a cooking ring. Add dried yeast and stir. Then leave to stand for approx. 30 minutes. Put flour, sugar, butter, egg yolk, egg, vanilla sugar and a little lemon zest into a mixing bowl. Add the milk and the yeast and knead to a workable dough. Cover dough with a cloth and leave to rise for another 45 minutes. Then cut the dough into dumplings (about 80 g) using a spoon, press flat with your hand and fill with 1 teaspoon of plum jam. Pull up the edges of the dough and cover the jam with dough and then shape into a ball. Put the balls into a greased dish, cover and leave to rise for another 45 minutes and then put into the oven.

- Time in the appliance (min): 35
- Shelf position: 2

7.16 Ring Cake:

Ingredients for the base:

- 500 g flour
- 1 small packet dried yeast (8 g dry yeast or 42 g fresh yeast)
- 80 g icing sugar
- 150 g butter
- 3 eggs
- 2 level teaspoons salt
- 150 ml milk
- 70 g raisins (soak in 20 ml of kirsch for 1 hour beforehand)

Ingredients for the finish:

- 50 g whole peeled almonds

Method:

Put flour, dried yeast, icing sugar, butter, eggs, salt and milk into a mixing bowl and knead to a smooth yeast dough. Cover the dough in the bowl and leave to rise for 1 hour. Knead the soaked raisins into the dough by hand. Place the almonds individually into each hollow in a greased and floured gugelhupf tin. Then shape the dough into a sausage shape, place in the gugelhupf tin. Cover and leave to rise again for 45 minutes.

- Time in the appliance (min): 60
- Shelf position: 1

7.17 Savarin Cake:

Ingredients for the dough:

- 350 g flour
- 1 small packet dried yeast (8 g dry yeast or 42 g fresh yeast)
- 75 g sugar
- 100 g butter
- 5 egg yolks
- 1/2 teaspoon salt
- 1 packet vanilla sugar (approximately 8 g)
- 125 ml milk

After baking:

- 375 ml water
- 200 g sugar
- 100 ml plum brandy or 100 ml orange liqueur

Method:

Put flour, dried yeast, sugar, butter, egg yolks, salt, vanilla sugar and milk into a mixing bowl and knead to a smooth yeast dough. Cover the dough in the bowl and leave to rise for 1 hour. Then place the dough in a greased ring-shaped cake tin and cover and leave to rise again for 45 minutes.

- Time in the appliance (min): 35
- Shelf position: 1

After baking:

Bring water and sugar to the boil and leave to cool. Add plum brandy or orange liqueur to the sugar water and mix together. When the cake has cooled, pierce it several times with a wooden skewer and then let the mixture soak into the cake evenly.

7.18 Sponge Cake:

Ingredients:

- 4 eggs
- 2 tablespoons hot water
- 50 g sugar
- 1 packet vanilla sugar (approximately 8 g)
- 1 pinch salt
- 100 g sugar
- 100 g flour
- 100 g cornflour
- 2 level teaspoons baking powder

Other:

- 28 cm round springform baking tin, black, bottom lined with baking parchment

Method:

Separate the eggs. Cream egg yolks with hot water, 50 g sugar, vanilla sugar and salt. Beat egg whites with 100 g sugar until forming peaks. Sieve together flour, cornflour and baking powder. Carefully mix egg whites and egg yolks together. Then carefully fold in flour mixture. Put the mixture into the baking tin, smooth and put in the oven.

- Time in the appliance (min): 30
- Shelf position: 3

7.19 Streusel Cake:

Ingredients for the dough:

- 375 g flour
- 20 g yeast
- 150 ml tepid milk
- 60 g sugar
- 1 pinch salt
- 2 egg yolks
- 75 g softened butter

Ingredients for the crumble:

- 200 g sugar
- 200 g butter
- 1 teaspoon cinnamon
- 350 g flour
- 50 g chopped nuts
- 30 g melted butter

Method:

Sieve the flour into a mixing bowl, make a well in the centre. Cut up the yeast,

place it in the well, stir in with the milk and some of the flour from around the edge, sprinkle with flour, leave to rise in a warm place until the flour sprinkled on the pre-dough is showing cracks. Put the sugar, egg yolks, butter and salt on the edge of the flour. Knead all ingredients into a workable yeast dough. Leave the dough to rise in a warm place until it is about double the size. Then roll out the dough and place on a greased baking tray and leave to rise again. Place sugar, butter and cinnamon in a mixing bowl and mix together. Add the flour and the nuts and knead together so that you make a crumble mixture. Spread the butter on the risen dough and spread the crumble mixture on it evenly.

- Time in the appliance (min): 35
- Shelf position: 3

7.20 Swedish Cake:

Ingredients:

- 5 eggs
- 340 g sugar
- 100 g melted butter
- 360 g flour
- 1 packet baking powder (approximately 15 g)
- 1 packet vanilla sugar (approximately 8 g)
- 1 pinch salt
- 200 ml cold water

Other:

- 28 cm round springform baking tin, black, bottom lined with baking parchment

Method:

Place sugar, eggs, vanilla sugar and salt in a mixing bowl and cream together for 5 minutes. Then add the melted butter to the mixture and fold in. Add the flour with the baking powder mixed into it into the creamed mixture and stir in. Finally add the cold water and mix everything well. Put the mixture into the baking tin, smooth and put in the oven.

- Time in the appliance (min): 55
- Shelf position: 1

7.21 Sweet Tart:

Ingredients:

- 2 sheets original Swiss flaky pastry or puff pastry (rolled out in a square)
- 50 g ground hazelnuts
- 1.2 kg apples
- 3 eggs
- 300 ml cream
- 70 g sugar

Method:

Place pastry on a well-greased baking tray and prick the bottom all over with a fork. Spread the hazelnuts evenly over the pastry. Peel apples, remove cores and cut into 12 slices. Spread slices evenly on the pastry. Mix eggs, cream, sugar and vanilla sugar together well and put over the apples.

- Time in the appliance (min): 45
- Shelf position: 1

7.22 Swiss Carrot Cake:

Ingredients for the mixture:

- 4 egg white
- 1 pinch salt
- 80 g icing sugar
- 120 g sugar
- 200 g finly grated carrots
- 200 g finly ground almonds
- 1 lemon, juice and grated skin
- 1 tablespoon cherry liquer
- 1/2 teaspoon cinnamon
- 60 g flour
- 1/2 teaspoon baking powder

Ingredients for the topping:

- 150 g icing sugar
- 1 tablespoon cherry liquer
- 12 decorative marzipan carrots
- ground hazelnuts
- 1/2 teaspoon baking powder

Other:

- Springform cake tin with 26 cm diameter, greased and the bottom lined with baking parchment.

Method:

Beat egg whites with salt until forming peaks, add the icing sugar and beat to a fest white of egg. Mix the egg yolke and sugar to a cream and add the other ingredients. Add a quarter of the beaten white of egg with the egg yolk and then carefully mix the rest of the beaten white of egg with mixture. Pour the dough into the prepared baking tin and smooth.

- Time in the appliance (min): 55
- Shelf position: 3

After baking:

Let the cake cool. We recommend the preparation work to be carried out one to two days in advance and to keep covered in the fridge. For the overglaze, mix the icing sugar with the cherry liquer. Add water if necessary. Cover the cake with the overglaze and decorate with the marzipan carrots.

8. BREAD AND ROLLS

8.1 Farmer Bread:

Ingredients:

- 500 g wheat flour
- 250 g rye flour
- 15 g salt
- 1 small packet dried yeast
- 250 ml water
- 250 ml milk

Other:

- Baking tray which has been greased or lined with baking parchment

Method:

Place wheat flour, rye flour, salt and dried yeast in a large bowl. Mix water, milk and salt and add to the flour. Knead all ingredients into a workable dough. Leave the dough to rise until it doubles in volume. Shape the dough into a long loaf and place on the baking tray which has been greased or covered with baking parchment. Leave the loaf to rise again by half its volume. Before baking dust with a little flour.

- Time in the appliance (min): 60
- Shelf position: 2

8.2 Rich Yeast Plait:

Ingredients for the dough:

- 750 g flour
- 30 g yeast
- 400 ml milk
- 10 g sugar
- 15 g salt
- 1 egg
- 100 g softened butter

Ingredients for the finish:

- 1 egg yolk
- a little milk

Method:

Sieve the flour into a mixing bowl, make a well in the centre. Cut up the yeast and place it in the well. Stir in with the milk, some of the sugar and some of the flour from around the edge, sprinkle with flour, leave to rise in a warm place until the flour sprinkled on the pre-dough is showing cracks. Put the rest of the sugar, salt, egg and butter on the edge of the flour. Knead all ingredients into a workable yeast dough. Leave the dough to rise in a warm place until it is about double the size. Then weigh out into three equally sized pieces of dough and shape each one into a rope. Plait the three ropes together. Then cover and leave to rise for another half an hour. Coat the surface of the plait with a mixture of egg yolk and milk and then put in the oven.

- Time in the appliance (min): 50
- Shelf position: 3

8.3 White Bread:

Ingredients:

- 1000 g flour
- 1 cube of fresh yeast or 2 packets of dried yeast
- 650 ml milk
- 15 g salt

Other:

- Baking tray which has been greased or lined with baking parchment

Method:

Place flour and salt in a large bowl. Dissolve the yeast in tepid milk and add to the flour. Knead all ingredients into a workable dough. Depending on the qualities of the flour, a little more milk may be required to achieve a workable dough. Leave the dough to rise until it doubles in volume. Cut the dough into two, make into two long loaves and place on the baking tray which has been greased or covered with baking

parchment. Leave the loaves to rise again by half their volume. Before baking, dust them with flour and with a sharp knife cut 3-4 diagonal lines, at least 1 cm deep.

- Time in the appliance (min): 55
- Shelf position: 2

8.4 Yeast Plait:

Ingredients for the dough:

- 650 g flour
- 20 g yeast
- 200 ml milk
- 40 g sugar
- 5 g salt
- 5 egg yolks
- 200 g softened butter

Ingredients for the filling:

- 250 g chopped walnuts
- 20 g breadcrumbs
- 1 teaspoon ground ginger
- 50 ml milk
- 60 g honey
- 30 g melted butter
- 20 ml rum

Ingredients for the finish:

- 1 egg yolk
- a little milk
- 50 g flaked almonds

Method:

Sieve the flour into a mixing bowl, make a well in the centre. Cut up the yeast, place it in the well and stir in with the milk and a little of the sugar and the flour from around the edge, sprinkle with flour. Leave to rise in a warm place until the flour sprinkled on the pre-dough is showing cracks. Put the rest of the sugar on the edge of the flour. Knead all ingredients into a workable yeast dough. Leave the dough to rise in a warm place until it is about double the size. For the filling, mix all ingredients together. Divide the dough into three equal parts and roll out into long rectangles. Spread a third of the filling onto each rectangle and then roll up the pieces of dough. Make a plait out of the three pieces of dough. Coat the surface of the plait with a mixture of egg yolk and milk and then sprinkle with flaked almonds.

- Time in the appliance (min): 55
- Shelf position: 3

9. VEGETABLES

9.1 Mediterranean Vegetables:

For 2-4 people.

Ingredients:

- 200 g courgettes
- 1 red pepper
- 1 green pepper
- 1 yellow pepper
- 100 g mushrooms
- 2 onions
- 150 g cherry tomatoes
- green and black olives

Method:

Wash and cut the vegetables into pieces. Peel onions and cut into strips. Put the vegetables in the glass dish. Put the dish in the appliance. Slice olives. After cooking, season the vegetables with salt, pepper, basil and oregano according to taste.

- Time in the appliance (min): 30
- Shelf position: 3

9.2 Traditional Vegetables:

For 2-4 people.

Ingredients / Method:

Put together the following vegetables to taste, about 750 g in total.

- kohlrabi, peeled and cut into strips
- carrots, peeled and diced
- cauliflower, washed and divided in florets
- onions, peeled and sliced
- fennel, peeled and sliced
- celery, cleaned and diced
- leeks, cleaned and sliced

After cooking:

- 50 g butter
- if desired, pepper and salt
- Time in the appliance (min): 35
- Shelf position: 3

10. CUSTARDS AND TERRINES

10.1 Coconut Pudding:

For 4 people.

Ingredients:

- 250 ml milk
- 370 g coconut milk
- 6 eggs
- 120 g sugar
- 1 tin mangos, drained and pureed

Other:

- 6 mini pudding basins

Method:

Mix milk coconut milk. Lightly beat eggs and sugar and add to the coconut milk. Fill the mini pudding basins with the mixture. After cooking, turn out and decorate with the mangos.

- Time in the appliance (min): 40
- Shelf position: 3

10.2 Egg Custard:

For 6-8 people.

Ingredients:

- 3 eggs
- 100 ml milk
- 50 ml cream
- salt, pepper, nutmeg
- parsley, chopped

Other:

- 6 mini pudding basins

Method:

Mix eggs, milk and cream well. (Do not beat.) Then season and add the chopped parsley. Pour into greased glass or porcelain dishes.

- Time in the appliance (min): 30
- Shelf position: 3

After cooking: remove egg royale from the dishes and cut into small dice or diamond shapes.

10.3 Flan Caramel:

For 4-6 people.

Ingredients for the mixture:

- 100 g sugar
- 100 ml water
- 500 ml milk
- 1 vanilla pod
- 100 g sugar
- 2 eggs
- 4 egg yolks

Other:

- 6 small soufflé dishes

Method:

Place 100 g sugar in a saucepan and melt to a light brown caramel. Then add the water carefully (caution — there is the risk of burns) and heat until it boils. Cook to a syrup and immediately pour it into 6 small soufflé dishes, so that the bottom is covered with caramel. Put the milk in a saucepan, halve the vanilla pod and use a knife to scrape out the seeds and add these to the milk. Warm the milk to about 90 °C. (Do not let it boil.) Mix eggs and egg yolks with 100 g sugar. (Do not cream.) Add the warm milk slowly to the egg - sugar mixture. Then put into the dishes.

- Time in the appliance (min): 40
- Shelf position: 3

11. SIDE DISHES

11.1 Rice:

For 4 people.

Ingredients:

- 200 g long grain rice
- 50 g wild rice
- salt and pepper
- 1 small red pepper
- 400 ml stock

After cooking:

- 1 small tin sweetcorn (150 g)

Method:

Put long grain rice, wild rice, salt, pepper, vegetable stock and water in a bowl half an hour before cooking. Prepare pepper, cut into small dice and add to the rice and then cook.

- Time in the appliance (min): 40
- Shelf position: 2

After cooking: Drain sweetcorn and add to the cooked rice.

11.2 Salty Dumplings:

For 4 people.

Ingredients / Method:

- 300 g soft pretzels
- 200 ml milk
- 3 eggs
- 2 bunches of parsley, chopped
- 2 onions, finely diced
- 10 g butter
- salt, pepper, nutmeg

Method:

Heat milk. Cut pretzels into 1 cm pieces and pour the warmed milk over them and leave to soak for about 5 minutes. Whisk eggs and add. Cook chopped onions gently in the butter until translucent, then add the parsley. Leave to cool for a while and add to the pretzel mixture. Season and then mix everything together carefully. From the mixture form approximately 6 dumplings and place in a flat steam dish.

- Time in the appliance (min): 35
- Shelf position: 2

12. FULL MENU

12.1 Steam Menu 1:

For 4-6 people.

Loin of pork with rice and vegetables. Steamed cappuccino cake for dessert.

Ingredients for pork:

- 1000 g pork loin
- salt, pepper, paprika and curry powder

Ingredients for rice:

- 200 g rice
- a little salt
- 250 ml water

Ingredients for vegetables:

- 300 g carrots
- 300 g kohlrabi
- 300 g cauliflower
- 200 g peppers

Ingredients for cappuccino cake:

- 100 g softened butter
- 90 g sugar
- 2 egg yolks
- the seeds of one vanilla pod
- 2 tablespoons instant coffee (dissolved in 50 ml hot water)
- 2 egg whites
- 50 g flour
- 50 g cornflour
- 1/2 teaspoon baking powder

Method:

Season the Pork with salt, pepper, paprika and curry powder, brown thoroughly on all sides and place in an ovenproof dish. Place on the shelf in the oven and start the programme. Put rice, a little salt and water in a dish. Prepare steamed Cappuccino Cake. Cream butter and sugar together. Add egg yolks, vanilla seeds and coffee to this. Beat egg white with two pinches of salt until forming peaks. Then carefully fold flour, cornflour, baking powder and beaten egg white into the butter mixture. Put mixture into small dishes or cups which have been buttered. Prepare vegetables. Clean the carrots and cut into batons. Peel kohlrabi and cut into batons. Rinse cauliflower and divide into florets. Wash peppers, remove the cores and cut into strips. Put everything together in a steam dish.

Preparation:

After 40 minutes, insert the prepared dishes into the oven with the loin of pork and continue to cook for another 40 minutes. The meat juices in the cooking dish are very good for creating a delicious sauce with crème fraîche or wine.

- Time in the appliance (min): 40
- Shelf position: 1 + 4

12.2 Steam Menu 2:

For 4-6 people.

Poached chicken breast with vegetable rice and cauliflower flan. Vanilla flan with strawberries for dessert.

Ingredients poached chicken breast:

- 4 - 6 chicken breast fillets, boned
- salt, pepper, paprika and curry powder

Ingredients for the cauliflower flan:

- 300 g cauliflower
- 50 g hard cheese, grated
- 2 eggs
- 50 ml cream
- salt, nutmeg
- butter for the dishes

Ingredients rice:

- 200 g long grain rice
- 50 g wild rice
- salt, pepper
- 400 ml stock
- 1 small red pepper
- 1 small tin sweetcorn (150 g)

Ingredients for vanilla flan with strawberries:

- 200 ml milk
- 200 ml cream
- seeds of one vanilla pod
- 2 egg yolks
- 3 eggs
- 50 g sugar
- 300 g strawberries
- 2 tablespoons pistachios

Method:

Wash and dry chicken breast fillets. Season with salt, pepper, paprika and curry powder, then place in a roasting dish. Divide the cauliflower into florets, steam for 25 minutes and then purée in the mixer. Add grated cheese, eggs and cream, season with salt and nutmeg. Put cauliflower mixture in 6 small well buttered flan dishes. Prepare Rice. Put long grain rice, wild rice, salt, pepper, vegetable stock and water in a bowl half an hour before cooking. Meanwhile finely dice the red pepper and add to the rice. Prepare the vanilla flan with strawberries. Mix egg yolks and eggs with the sugar. Add seeds from the vanilla pod. Pour in milk and cream and mix well. Fill cups or glasses with the mixture up to 2/3 full.

Preparation:

Place all dishes on the oven shelf in the oven (levels 1 and 4) and start the programme, cooking time 40 minutes. After cooking, leave the vanilla flan to cool, fill up the glasses with the strawberries and decorate with pistachios. Drain off the sweetcorn and add to the cooked rice.

- Time in the appliance (min): 40
- Shelf position: 1 + 4

12.3 Steam Menu 3:

For 4 people.

Trout with boiled potatoes and broccoli. Coconut custard with mango for dessert.

Ingredients for the trout:

- 4 trout
- lemon juice
- salt, pepper

Ingredients boiled potatoes:

- 800 g potatoes
- salt

Ingredients for broccoli with flaked almonds:

- 700 g broccoli
- 50 g flaked almonds
- a little butter

Ingredients for coconut pudding with mango:

- 100 ml milk
- 350 g coconut milk powder
- 4 eggs
- 80 g sugar
- 1 tin mango

Method:

Wash trout, dry and sprinkle with lemon juice. Place in a bowl. Leave to marinade for 10 minutes and then season. Peel and quarter the potatoes, put into a bowl, season with salt. Place on the shelf in the appliance and start the programme. Wash the broccoli, separate into florets and place in a bowl. Prepare the Coconut Pudding with mango. Mix milk and coconut milk. Lightly beat eggs and sugar and add to the coconut milk. Put the mixture into 6 mini pudding basins.

Preparation:

Cook potatoes in the appliance (shelf position 1) for 25 minutes, a signal sounds. Place the other dishes on the oven shelves as well (shelf positions 1 and 4) and cook for another 25 minutes. Brown almonds with the butter on a ring. To serve, sprinkle almonds over the

broccoli. After cooking, leave the coconut custard to cool. To serve, drain mango, puree and use to decorate the custards. Add 650 + 400 ml of water into the waterdrawer

- Time in the appliance (min): 25
- Shelf position: 1 + 4

13. FISH

13.1 Sea Bream Fillet:

For 4 people.

Ingredients:

- 600 g sea bream fillets
- 1 pinch of salt and pepper mixture
- 2 tablespoons extra virgin olive oil

Method:

Put the sea bream, salt and pepper and oil in a baking pan. Vacuum seal and cook. The Sea bream fillet dish can be served optional with olives or capers.

- Time in the appliance (min): 25
- Shelf position: 3

13.2 Turbot with fennel:

For 4 people.

Ingredients for the fish:

- 600 g turbot (alternative use other flat fish)
- 200 g fennel, grated very finely
- 1 teaspoon lemon peel
- 2 table spoon olive oil
- 1 table spoon soya sauce
- Salt, pepper

Ingredients for the sauce:

- 40 g Pernod (or another type of aniseed-based liqueur)
- 180 g cream
- Salt, pepper

Method:

Place the fish with all the other ingredients flat in the vacuum bag, vacuum seal and cook. After cooking, remove the fish with the fennel from the bag, put the juice from the bag in a pan and bring it to boil, add Pernod and cream and let it cook for a while. Add salt and pepper according to personal preferences. Arrange fish and sauce on a plate and serve with rice.

- Time in the appliance (min): 30
- Shelf position: 3

13.3 Prawns:

For 4 people.

Ingredients:

- 500 g large, shelled prawns
- finely chopped parsley or few basil leaves
- 4 tablespoons extra virgin olive oil
- 1 pinch of salt and pepper

Method:

Wash the prawns and remove the tails and heads. Season them with oil, parsley or basil, salt, pepper and put in a vacuum bag. Vacuum seal and cook. The Prawn dish can be served warm or cold with a combination of leek and courgette sauce.

- Time in the appliance (min): 28
- Shelf position: 3

14. POULTRY

14.1 Chicken Breast:

For 4 people.

Ingredients:

- 4 small chicken breasts, each 150 g
- 1 teaspoon lime juice
- 1 tablespoon olive oil
- 1 tablespoon soy sauce
- ½ teaspoon salt
- ½ tea spoon curry powder
- 1 red chilli, cut in slices
- ½ bunch fresh coriander, coarsely cut
- 6 Kaffir lime leaves, squeezed
- 2 stalks lemon grass, cut lengthwise

Method:

Place all the ingredients flat in the vacuum bag. Seal the bag and cook. After cooking, take out the chicken

breast and cut it. The chicken breast can be served e.g. with wok vegetables.

- Time in the appliance (min): 30
- Shelf position: 3

15. MEAT

15.1 Beef Fillet:

For 4 people.

Ingredients:

- 700 – 800 g of beef sirloin / fillet, each fillet with a thickness of 3 cm
- clove of garlic, peeled and sliced
- rosemary sprig
- sage leaves
- 3 tablespoons extra virgin olive oil
- pinch coarse salt
- pinch of pepper

Method:

Put the meat, garlic, rosemary, sage, pepper and oil in a vacuum bag, vacuum seal and cook. After cooking remove the meat from the bag and dry it with a paper towel. Grill or sear the meat in heated pan for few seconds to mark the meat. Cut it into slices, put in a dish and add salt and oil.

- Time in the appliance (min): 60
- Shelf position: 3

15.2 Poached veal fillet:

For 4 people.

Ingredients for the meat:

- 2 table spoons olive oil
- 600 – 700 g veal fillet (one piece)
- 1 clove of garlic, cut in slices
- 2 slices of ginger
- 1 tea spoon of ground cumin
- 1 tea spoon ground coriander
- 1 tea spoon of lemon peel
- 1 pinch cinnamon
- ½ tea spoon of salt

Ingredients for the sauce:

- 1 bunch parsley, finely grated
- 1 tea spoon of butter
- 1 shallot, cut very fine
- 100 ml Noilly Prat (or another type of white vermouth)
- 100 ml bouillon
- 100 ml cream
- Fleur de Sel
- Black pepper

Method:

Heat the olive oil and fry the meat briefly (around 30 sec) on both sides. Let it cool down a bit. Put the meat with oil (the one used for frying) and all other ingredients in the vacuum bag, vacuum seal and cook. For the sauce heat butter, add shallots and stew slightly until glassy; add wine and bouillon. Reduce the sauce for half of the amount. Add the cream and mix with a mixer and let it cook again. After cooking the meat, take it out of the bag, add the meat juice to the sauce and add some seasoning. Turn the meat in the parsley and cut it in 4 pieces. Put the meat on plates and add the sauce. Sprinkle with fleur de sel and coarse black pepper. The veal fillet can be served e.g. with sautéed young spring vegetables and mashed potatoes.

- Time in the appliance (min): 60
- Shelf position: 3

16. VEGETABLES

16.1 Carrots with vanilla:

For 4 people.

Ingredients:

- 400 g carrots, peeled
- 1 pod of vanilla, cut length wise
- ½ orange, juice and the peel
- 1 teaspoon of butter
- ½ teaspoon of salt
- ½ teaspoon of sugar
- ½ teaspoon of ground white pepper

Method:

Cut carrots in thin slices (1 – 2 mm) and mix with all the other ingredients. Put them evenly flat in the vacuum bag, vacuum seal and cook. The carrots with vanilla can be served e.g. with fish or shrimps.

- Time in the appliance (min): 50
- Shelf position: 3

17. FRUIT

17.1 Apples:

Ingredients:

- 2 ripe apples, medium size
- 1 star anise
- 1 vanilla pod, cut in pieces

Method:

Wash and peel the apples. Then cut them in quarters or in eight pieces and remove the core. Put the apples in a vacuum bag and add the star anise and vanilla pod. Vacuum seal and cook. The Apple dish can be served warm or cold, with English crème or ice cream.

- Time in the appliance (min): 20
- Shelf position: 3

17.2 Red Wine Pears:

Ingredients:

- 2 ripe pears, around 300 g
- 2 glasses of red wine, around 300 ml (e.g. Cabernet Franc)
- 1 teaspoon sugar
- 1 pinch of cinnamon, 1 clove - optional

Method:

Pour the wine into a pot and boil it until it becomes denser and reduce to about half of the amount (about 8-10 min on high power) and then let it cool. Wash and peel the pears, cut them in halves and remove the core. Place all the ingredients in a vacuum bag. Vacuum seal and cook. The red wine pear dish can be served warm or cold, with English crème dish or ice cream.

- Time in the appliance (min): 15
- Shelf position: 3

18. CUSTARDS AND TERRINES

18.1 English Crème SV:

For 4 people.

Ingredients:

- 250 ml fresh cream
- 250 ml milk
- 7 egg yolks
- 140 g sugar
- 1/2 vanilla pod
- 1 orange and 1 lemon peel for flavor

Method:

Put cream, milk, egg yolks and sugar in a bowl. Halve the vanilla pod and use a knife to scrape out the seeds and add them and the vanilla pod into the bowl. Add the fruit peels and whip everything on low speed until you have a smooth mixture. Remove the vanilla pod and the fruit peel from the mixture. Put the mixture in one or more vacuum bags. Vacuum seal and cook. After cooking put the bag in an ice bath and then serve warm or cold. The English crème dish can be served with cooked fruits, chocolate cake, apple pie or ice cream.

- Time in the appliance (min): 20
- Shelf position: 3

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